

Station Number

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Instructions for Candidates

Scenario

Ms Jean Wallis is a 42-year-old divorced woman with depression and anxiety. She has only had a partial response to antidepressants. Your consultant has suggested that she should be referred to the dynamic psychotherapy service. Miss L doesn't know much about it and your consultant has asked you to speak to her.

Instructions

Speak to Ms Wallis, and explain to her what dynamic psychotherapy is likely to involve.

**PLEASE REMEMBER TO HAND YOUR IDENTITY LABEL TO THE
EXAMINER**

Station Number

AFFIX CANDIDATE
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Communication Skills: Explaining Dynamic
Psychotherapy

CANDIDATE No:.....

Instructions for Patients

Answer questions based on the following scenario.

Do not volunteer information unless asked.

This station tests the candidate's ability to explain a specific type of therapy to a patient – in this case dynamic psychotherapy.

You are Jean Wallis, a 42-year-old divorced woman with depression and anxiety.

Key Attributes

You are a well-to-do woman who after your divorce has preferred the title 'Ms'. If you are not addressed in this way, you should correct the candidate and take offence.

You have had depression and anxiety for about 18 months, which hasn't responded particularly well to antidepressants. Your consultant has mentioned 'talking therapies' before, but hasn't elaborated any further. You are generally open to the idea and keen to know more.

Key Dialogue

Personal History

You have had difficulties in some of your previous relationships, and your marriage ended two years ago for reasons that you are not prepared to discuss with the candidate as you have only met them. You will accept that you have problems with trust and intimacy, and admit that this may relate to your relationship with your father. You had a rather anxious relationship with your mother, and often felt that you were supporting her during your teenage years.

If you are not given the following information, you should be assertive and ask the following questions directly:

1. How long does it take?
2. Do I get any other kind of treatment at the same time?
3. What if it doesn't work?
4. What if it makes me worse?
5. Do I have to join a group?
6. Who else knows about the thing that we talk about? I wouldn't like my GP to know everything about my past.

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Communication Skills: Explaining Dynamic
Psychotherapy

CANDIDATE No:.....

Instructions for Examiners

***REMEMBER TO ASK THE STUDENT FOR THEIR IDENTITY LABEL AND
AFFIX IT TO THE TOP OF THE MARK SHEET.***

This OSCE station is primarily testing a candidate's ability to communicate information about a potential treatment concisely and competently. It is testing the candidate's ability to:

1. Use appropriate language when discussing a particular therapy.
2. Develop a rapport with the patient.
3. Convey the essential information, as well as allowing the patient to guide discussion.
4. The candidate should be able to demonstrate a competent knowledge of dynamic psychotherapy and explain this to a patient.

Note: The patient has been asked to take offence if addressed as Mrs or Miss. The correct title is clearly stated twice in the question. The initial introductions are therefore important in terms of establishing rapport.

Station Number

Examiner's Name:

.....

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Communication Skills: Explaining Dynamic
Psychotherapy

Marking Sheet

Please circle the appropriate mark for each criterion. The standard expected is that of a psychiatric Senior House Officer.

Criterion	Performed competently	Performed, but not fully competent	Not performed		
Approach to the patient – Rapport, empathy, and style	3	1 ½	0		
Explains type/ context of therapy:					
• ‘talking’ therapy	1	½	0		
• focus on relationships between people	1	½	0		
Basic Principles:					
• Relationship with therapist important	1	½	0		
• Looks at previous relationships, conflicts, and previous experiences and their impact on current functioning	1	½	0		
Structure of Therapy (one mark for each, up to a maximum of 3):					
• Generally weekly	1	½	0		
• May last 3 months (brief therapy) or up to 2 years	1	½	0		
• Can occur in a number of settings, e.g. individual or group; the candidate should reassure patient about group therapy	1	½	0		
• Each session lasts approx. an hour	1	½	0		
• Consistency and continuity of contact is important	1	½	0		
Outcome:					
• Benefits not often immediately obvious	1	½	0		
• May get worse before getting better	1	½	0		
• May not suit everybody	1	½	0		
Other:					
• Usual treatment (e.g. medication) often continues	1	½	0		
• Patient still has access to supports like GP, CPN, and psychiatrist	1	½	0		
• Therapist undergoes constant supervision – still keeps confidentiality	1	½	0		
Overall Approach to Task	4	3	2	1	0
Score (Max 20)					
Overall Grading of station	Clear Pass		Borderline		Clear Fail